

Maryland Heart Disease and Stroke Newsletter

...aligning and guiding statewide efforts

Quick Links

[News](#)
[DHMH](#)
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[Hypertension Control](#)

[Resources](#)

[Find Classes in Maryland](#)

[Diabetes Prevention](#)

[Diabetes Self-Management Education](#)

[Chronic Disease Self-Management Programs](#)

July 2016



Maryland is working to fight heart disease and stroke by bringing together health systems, communities, nonprofit organizations and private-sector partners from across the state

Job Announcements

The Center for Chronic Disease Prevention and Control has two new, exciting opportunities to join the Center's team!

[Chronic Disease Epidemiologist](#)

Application Deadline: August 15, 2016

[Community Health Educator](#)

Application deadline: August 9, 2016

Please share these announcements with your partner networks.

Don't Miss Out! Use the Be Healthy Maryland site to publicize your classes and manage referrals

Publicizing your classes and tracking and managing referrals, can be difficult and time consuming. DHMH's new website makes these tasks easier for your organization.

The new [Be Healthy Maryland](#) website is now live. The site makes it easier for Marylanders to locate and be referred to evidence-based diabetes prevention, and diabetes and chronic disease self-management programs. Program providers can use an associated website, Maryland Workshop Wizard, to add and manage class information.

If your organization provides one of the programs listed below, don't miss this opportunity to use the site to publicize your classes and receive referrals from healthcare providers and the public.

[Diabetes Self-Management Education \(DSME\)](#)

[Stanford Chronic Disease Self-Management Education Programs \(CDSME\)](#) including Chronic Disease, Diabetes, Pain, and Cancer

[Diabetes Prevention Programs \(DPP\)](#)

Please contact the [CCDPC](#) to learn more.

Salt News

[Federal Government Proposes Guidelines for Food Industry to Cut Salt](#)

The Federal government is encouraging food manufacturers and restaurants to sharply reduce salt in their products, noting that Americans cannot cut their salt intake by one third by putting down the salt shaker. The U.S. Food and Drug Administration (FDA) recently issued draft guidelines that would set voluntary sodium targets for an array of foods, an effort to help consumers reduce their intake from an average 3,400 milligrams per day now to 3,000 milligrams in 2 years and 2,300 milligrams in a decade

[**Center for Science in the Public Interest Releases Infographic to Address Public Confusion about Salt**](#)

The Center for Science in the Public Interest, in collaboration with the American Heart Association, developed the infographic "Confused About Salt?" to help with public confusion about salt intake. This infographic gives basic information on the facts of salt consumption, visually depicts where sodium reduction initiatives are in place globally, and identifies key methodological issues in studies that report conflicting results.

Resources, Research, and News

[**Home blood pressure monitoring accurately predicts heart events**](#)

A study published in the Journal of the American College of Cardiology found that home blood pressure readings may be a better predictor of stroke and heart disease risk than measurements collected at a doctor's office. For additional information, read the [Million Hearts Self-Measured Blood Pressure Monitoring Action Guide for Clinicians](#).

[**Teaching Older Adults about Brain Health**](#)

Vascular diseases like heart disease, stroke, and high blood pressure can harm the brain as well as the heart. The Administration for Community Living, the National Institutes of Health, and CDC have teamed up to create the Brain Health Resource, a toolkit that includes evidence-based information and resources to facilitate conversations with older adults about brain health.

[**Diabetes Drug Victoza May Help the Heart**](#)

An international study funded by the drug's maker, Novo Nordisk, found that Victoza, a daily, injected blood-sugar lowering medication cuts the risk of heart attack and stroke in type 2 diabetes patients.
(HealthDay)

Upcoming Events

[**Updated Health Equity Resource: Community Approaches to Advance Health Equity Module**](#)

The Division of Community Health, Office of Health Equity in collaboration with the Training, Translation and Communications Branch release an improved Community Approaches to Advance Health Equity online training module. The module now includes six lessons with more interactive exercises and it allows the user to produce a health equity workbook. There is no cost, and .1 CEU/CE; 1 CHES is available.

SAVE THE DATE! - Evidence-Based Community Programs for Chronic Diseases September 7, 2016 8 a.m. to 4 p.m.

For chronic disease professionals, coaches/leaders, local health departments, aging network, health care/allied health professionals, the goal of this conference is to provide professionals with practical skills that will strengthen the utilization and sustainability of evidence-based community programs for chronic diseases and facilitate the development of partnerships.

Community Health Worker News and Resources

[**Tools for Your Patients**](#)

Visit the Million Hearts Tool web page to find easy-to-understand information

about heart disease and stroke that you can share with your patients.

[My Life CheckÂ®](#)

In just a few minutes, users can learn the state of their heart and what they can do to live a better life.

Preventing 1 Million Heart Attacks and Strokes

To Prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what works:

Use the ABCS

A- Appropriate Aspirin Use

B- Blood Pressure Control

C- Cholesterol Management

S- Smoking Cessation

Talk to your health care team about the

ABCs



Aspirin
when
appropriate



Blood
pressure
control



Cholesterol
management



Smoking
cessation

Use Health IT

Use electronic health records and other

Health IT to identify patients who need support to improve their ABCS and then track their progress.

Use Team-Based Care

Use clinical innovations, including: Use everyone who interacts with patients to the top of their skills and license, Self-measured blood pressure monitoring with clinical support, Reward and recognize excellence in the ABCS.

Join 100 Congregations for Million Hearts

100 Congregations for Million Hearts®

is a faith-based program designed to help guide your members toward a heart-healthy lifestyle. The goal of 100 Congregations for Million Hearts® is to enlist the support of faith-based organizations to help raise awareness and prevent cardiovascular disease and focus on hypertension control.

For more information, please visit: [100 Congregations for Million Hearts](#)

Click on the following links for more information

[Department of Health and Mental Hygiene](#)

[Healthiest Maryland Businesses](#)

[Diabetes Prevention Program](#)

[National Million Hearts Initiative](#)

[Million Hearts Resource Center](#)

[Pharmacy, Podiatry, Optometry, Dentistry Toolkit](#)

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